



Slow Cooker Recipes

Created by Swan Integrative Health and Wellness



Slow Cooker Hawaiian Beef

10 ingredients · 6 hours · 4 servings



Directions

1. Place beef in the slow cooker surrounded by sliced red peppers.
2. Drain the juice from the pineapple into a small bowl. Pour the pineapple on top of the beef and sprinkle red onion over top.
3. Mix the pineapple juice with the apple cider vinegar, tamari, garlic, sea salt and pepper. Whisk and pour over the beef and peppers.
4. Slow cook on high for 3-4 hours, or low for 6-8 hours.
5. Before serving, make the quinoa by bringing 2 cups of water to a boil. Add the quinoa, reduce to a simmer, cover and cook for 15 minutes. Remove from the heat and let stand for 5 minutes before fluffing with a fork.
6. To serve, divide quinoa and red peppers between plates. Top with shredded beef. Enjoy!

Notes

Make it Paleo

Replace the tamari with coconut aminos. Skip the quinoa and serve with roasted sweet potatoes instead.

Storage

Store in an airtight container in the fridge up to 3 days.

Save Time

Cook the quinoa in advance and reheat before serving.

Ingredients

- 1 lb Beef Brisket
- 3 Red Bell Pepper (sliced)
- 1 1/2 cups Crushed Pineapple (canned, packed in pineapple juice)
- 1/2 cup Red Onion (finely diced)
- 2 tbsps Apple Cider Vinegar
- 2 tbsps Tamari
- 2 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 2 cups Water
- 1 cup Quinoa (dry)

Nutrition

Amount per serving

Calories	428	Vitamin C	125mg
Fat	11g	Calcium	53mg
Saturated	3g	Iron	5mg
Carbs	50g	Vitamin D	0IU
Fiber	6g	Vitamin B6	1.0mg
Sugar	17g	Folate	133µg
Protein	32g	Vitamin B12	2.8µg
Cholesterol	70mg	Magnesium	129mg
Sodium	609mg	Zinc	7mg
Potassium	957mg	Selenium	23µg

Vitamin A 2801IU

Honey Chili Meatballs

14 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 350°F (177°C).
2. In a large bowl, combine ground chicken, onion, garlic, egg, half the salt, and black pepper. Form mixture into meatballs, about 1 1/2 inches thick.
3. Melt coconut oil in a large oven-safe pan or skillet over medium-high heat. Add meatballs and cook until browned, about 5 minutes. Transfer to oven and bake for an additional 20 minutes or until cooked through.
4. Meanwhile in a medium saucepan, combine chicken broth, tomato paste, honey, apple cider vinegar, chili powder, paprika, ground mustard and remaining salt. Bring to a boil then reduce heat and simmer for 5 minutes, stirring occasionally. Adjust seasoning if needed.
5. Remove meatballs from the oven. Evenly coat meatballs with sauce and divide into bowls. Top with chopped green onions (optional). Enjoy!

Notes

Likes it Spicy

Add more chili powder to the tomato sauce or sprinkle with red pepper flakes.

Serve Them With

Brown rice pasta, quinoa, couscous, rice or rye bread to make it a meal. Or serve them alone as an appetizer.

Leftovers

Refrigerate in an air-tight container up to 3 days or freeze up to 2-4 months (cooked or uncooked).

Slow Cooker Version

Add formed meatballs with sauce and cook on low for 6-8 hours.

Serving Size

A 4-serving recipe yields about 16 meatballs. This can be stretched to 8 servings if using as an appetizer.

Ingredients

- 1 lb Extra Lean Ground Chicken
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (cloves, minced)
- 1 Egg
- 1 tsp Sea Salt (divided)
- 1/4 tsp Black Pepper
- 2 tbsps Coconut Oil
- 1/2 cup Organic Chicken Broth
- 1/3 cup Tomato Paste
- 1/4 cup Raw Honey
- 1 tbsp Apple Cider Vinegar
- 1 1/2 tps Chili Powder
- 1/4 tsp Paprika
- 1/4 tsp Ground Mustard

Nutrition

Amount per serving

Calories	332	Vitamin C	6mg
Fat	17g	Calcium	35mg
Saturated	9g	Iron	2mg
Carbs	24g	Vitamin D	10IU
Fiber	2g	Vitamin B6	0.7mg
Sugar	20g	Folate	10µg
Protein	23g	Vitamin B12	0.8µg

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Cholesterol	145mg	Magnesium	37mg
Sodium	832mg	Zinc	2mg
Potassium	849mg	Selenium	17µg
Vitamin A	741IU		

Slow Cooker Beef Stew

11 ingredients · 4 hours · 6 servings



Directions

1. Add all ingredients except the brown rice flour to the slow cooker and mix well. Cover and cook on low for 4 to 6 hours, or until beef is tender.
2. Remove lid and stir in brown rice flour. Continue to stir until liquid thickens.
3. Ladle into bowls and enjoy!

Notes

Leftovers

Store in the fridge up to 3 days or freeze.

More Carbs

Serve it with roasted potatoes, rice or quinoa.

Add Greens

Stir in chopped kale or baby spinach just before serving.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 2 **lbs** Stewing Beef (sliced into bite-size pieces)
- 1/4 **cup** Red Wine Vinegar
- 2 **cups** Baby Carrots
- 1 Sweet Onion (diced)
- 2 1/2 **cups** Mushrooms (sliced)
- 1 **cup** Beef Broth
- 1/2 **tsp** Dried Thyme
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1/4 **cup** Brown Rice Flour

Nutrition

Amount per serving

Calories	406	Vitamin C	7mg
Fat	16g	Calcium	68mg
Saturated	5g	Iron	6mg
Carbs	15g	Vitamin D	11IU
Fiber	3g	Vitamin B6	0.9mg
Sugar	6g	Folate	32µg
Protein	51g	Vitamin B12	4.3µg
Cholesterol	146mg	Magnesium	50mg
Sodium	624mg	Zinc	13mg
Potassium	669mg	Selenium	56µg

Vitamin A 7679IU

Slow Cooker Apple Cinnamon Pork Tenderloin

6 ingredients • 4 hours • 4 servings



Directions

1. Cut slits into your pork tenderloin about 3/4 of the way through. Wedge half of the apple slices into the slits.
2. Add remaining apple, carrots and onion to the bottom of the slow cooker. Lay the pork tenderloin on top. Drizzle honey and sprinkle cinnamon over everything. Cook on low for 4 hours.
3. Remove pork and vegetables from the slow cooker and divide onto plates. Enjoy!

Notes

Make it Tender

Brine your pork tenderloin the night before for more flavour and tenderness.

More Greens

Serve on a bed of spinach or add your choice of veggies to the slow cooker.

More Carbs

Serve with rice, quinoa or mini potatoes.

Ingredients

- 1 lb Pork Tenderloin
- 2 Apple (sliced and divided)
- 3 Carrot (medium, sliced into rounds)
- 1 Yellow Onion (diced)
- 3 tbsps Raw Honey
- 1 tbsps Cinnamon

Nutrition

Amount per serving

Calories	246	Vitamin C	10mg
Fat	3g	Calcium	55mg
Saturated	1g	Iron	2mg
Carbs	34g	Vitamin D	8IU
Fiber	5g	Vitamin B6	0.7mg
Sugar	26g	Folate	12µg
Protein	23g	Vitamin B12	0.5µg
Cholesterol	61mg	Magnesium	36mg
Sodium	81mg	Zinc	2mg
Potassium	603mg	Selenium	32µg
Vitamin A	7698IU		

Slow Cooker Cod & Sea Veggie Soup

9 ingredients · 6 hours · 4 servings



Directions

1. Heat the coconut oil in a frying pan over medium heat. Add the onion and mushrooms. Saute for about 3 minutes or until onions are translucent. Add garlic and ginger. Cook for a 1 to 2 minutes until fragrant.
2. Transfer the contents of the pan to your slow cooker. Add the dulse (ripped into bite-sized pieces), diced sweet potato, cod and broth. Do not add salt, as the dulse is naturally very salty and should flavour the soup.
3. Cook on high for 4 hours, or low for 6 to 8 hours. Taste, and add sea salt if necessary.
4. Divide between bowls and enjoy!

Notes

Leftovers

Store in an airtight container up to 3 days or freeze.

Ingredients

- 3 tbsps** Coconut Oil
- 1** Yellow Onion (medium, diced)
- 4 cups** Mushrooms (sliced)
- 3** Garlic (cloves, minced)
- 2 tbsps** Ginger (peeled and grated)
- 1 1/3 ozs** Dulse (torn apart into small pieces)
- 2** Sweet Potato (medium, diced)
- 4** Cod Fillet (about 3.5 oz. each, cubed)
- 8 cups** Organic Vegetable Broth (or bone broth)

Nutrition

Amount per serving

Calories	416	Vitamin C	12mg
Fat	12g	Calcium	106mg
Saturated	9g	Iron	5mg
Carbs	28g	Vitamin D	88IU
Fiber	5g	Vitamin B6	1.7mg
Sugar	9g	Folate	35µg
Protein	48g	Vitamin B12	2.1µg
Cholesterol	99mg	Magnesium	102mg
Sodium	1649mg	Zinc	2mg
Potassium	2283mg	Selenium	84µg
Vitamin A	10466IU		

Slow Cooker Energy Bars

12 ingredients · 4 hours · 8 servings



Directions

1. Line the bottom of your slow cooker with parchment paper. Do this by tracing the shape of the slow cooker onto parchment, cutting it out and placing it into the bottom of the slow cooker. Brush the parchment with coconut oil.
2. In a medium sized mixing bowl, combine the tahini and maple syrup. Whisk together until smooth.
3. Add in the almond milk, cinnamon and salt. Continue to whisk until well combined.
4. Whisk in the eggs until combined, then stir in quinoa, cranberries, pumpkin seeds, coconut, and chia seeds.
5. Pour the mixture into your slow cooker and cook on low setting for 3.5 hours.
6. Run a knife around the outside perimeter of the slow cooker bowl. Carefully, turn the bowl over onto a large plate to release the bars. Place plate into the refrigerator to cool completely before cutting into individual bars. Enjoy!

Notes

Storage

Store in an airtight container in the freezer up to 6 months.

Ingredients

- 1 tsp Coconut Oil
- 2 tbsps Tahini
- 2 tbsps Maple Syrup
- 3/4 cup Unsweetened Almond Milk
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt
- 2 Egg
- 1/3 cup Quinoa (dry)
- 1/2 cup Dried Unsweetened Cranberries
- 1/3 cup Pumpkin Seeds
- 1/3 cup Unsweetened Coconut Flakes
- 2 tbsps Chia Seeds

Nutrition

Amount per serving

Calories	172	Vitamin C	0mg
Fat	10g	Calcium	95mg
Saturated	4g	Iron	2mg
Carbs	17g	Vitamin D	20IU
Fiber	3g	Vitamin B6	0.1mg
Sugar	8g	Folate	23µg
Protein	5g	Vitamin B12	0.1µg
Cholesterol	47mg	Magnesium	30mg
Sodium	114mg	Zinc	1mg

Potassium	109mg	Selenium	6µg
Vitamin A	118IU		

Slow Cooker Black Bean Soup

11 ingredients · 4 hours · 6 servings



Directions

1. Combine all ingredients together in your slow cooker. Cook on high for 4 hours, or on low for 6 hours.
2. Pour approximately half the soup into a blender (or use an immersion blender) and blend into a smooth puree. Be sure to leave a spot for the steam to escape. Add the pureed soup back into the slow cooker and mix everything well. Ladle into bowls, top with desired toppings and enjoy!

Notes

Toppings

Cilantro, avocado, sour cream, yogurt, cheese, salsa and/or tortilla chips.

Stove Top

If you don't have a slow cooker, or if you need to increase the servings above 6 and your slow cooker is too small, make it on the stove top in a large stock pot instead. Add all ingredients to the pot and bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer on low for an hour before blending.

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 1** Yellow Onion (finely diced)
- 2 stalks** Celery (diced)
- 1** Carrot (large, chopped)
- 6** Garlic (cloves, minced)
- 1 tbsp** Cumin
- 1/2 tsp** Cayenne Pepper
- 6 cups** Black Beans (cooked, drained and rinsed)
- 3 cups** Diced Tomatoes
- 2 cups** Water
- 2** Lime (juiced)

Nutrition

Amount per serving

Calories	318	Vitamin C	21mg
Fat	6g	Calcium	108mg
Saturated	1g	Iron	5mg
Carbs	51g	Vitamin D	0IU
Fiber	17g	Vitamin B6	0.2mg
Sugar	6g	Folate	264µg
Protein	17g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	131mg
Sodium	46mg	Zinc	2mg

Potassium	729mg	Selenium	3µg
Vitamin A	2352IU		

Slow Cooker Spaghetti Squash & Meatballs

9 ingredients · 4 hours · 4 servings



Directions

1. In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
2. In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, sea salt and black pepper. Mix well and then submerge your turkey meatballs into the sauce.
3. Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
4. Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
5. Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey

Use any type of ground meat.

Cheese Lover

Sprinkle with parmesan cheese.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

Nutrition

Amount per serving

Calories	389	Vitamin C	29mg
Fat	18g	Calcium	143mg
Saturated	4g	Iron	5mg
Carbs	33g	Vitamin D	26IU
Fiber	6g	Vitamin B6	0.9mg
Sugar	8g	Folate	59µg
Protein	27g	Vitamin B12	1.5µg
Cholesterol	130mg	Magnesium	110mg
Sodium	1028mg	Zinc	4mg
Potassium	1211mg	Selenium	27µg
Vitamin A	952IU		

Slow Cooker Chicken Soup

8 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients to the crock pot and cook on low for 6-8 hrs.
2. Once chicken is cooked through, transfer it to a large bowl and shred it with two forks. Return the shredded chicken to the crock pot and let it soak for at least 5-10 minutes before serving. Adjust seasoning as needed.

Notes

More Carbs

Add chopped potatoes or cooked rice/pasta. You can also mix in raw pasta about 15 minutes before serving.

Leftovers

Refrigerate in an air-tight container up to 3-4 days or freeze up to 6 months. Omit pasta and potatoes if you plan to freeze.

Ingredients

- 1 Yellow Onion (diced)
- 4 stalks Celery (diced)
- 3 Carrot (medium, chopped)
- 1 tbsp Rosemary (fresh)
- 8 ozs Chicken Breast (boneless, skinless)
- 1 lb Chicken Thighs (boneless, skinless)
- Sea Salt & Black Pepper (to taste)
- 6 cups Water (or broth)

Nutrition

Amount per serving

Calories	216	Vitamin C	5mg
Fat	7g	Calcium	61mg
Saturated	2g	Iron	1mg
Carbs	6g	Vitamin D	6IU
Fiber	2g	Vitamin B6	0.8mg
Sugar	3g	Folate	19µg
Protein	31g	Vitamin B12	0.4µg
Cholesterol	140mg	Magnesium	43mg
Sodium	148mg	Zinc	2mg
Potassium	520mg	Selenium	31µg
Vitamin A	5256IU		

Vegan Sloppy Joes

13 ingredients · 4 hours · 4 servings



Directions

1. Combine the lentils, onion, green pepper, mushrooms, carrots, garlic powder, yellow mustard, maple syrup, crushed tomatoes, sea salt and black pepper in the slow cooker. Use a spatula to mix well. Cover and cook on high for 4 hours or on low for 6 hours.
2. About 20 minutes before you are ready to eat, preheat your oven to 400 and line a baking sheet with parchment paper. Place your portobello mushroom caps on a baking sheet and bake for 10 minutes.
3. Place a portobello mushroom cap on a plate and top with a few large spoonfuls of the sloppy joe mix. Top with baby spinach and set another mushroom cap on top. Enjoy!

Notes

Meat Lover

Swap out the lentils for ground meat. Replace 1 can of lentils with 1 lb of extra lean ground meat. Follow step 1 then set the ground meat on top to cook. Before eating, remove the lid and break the ground meat up with a spatula and stir well to mix.

Next Level Sloppy Joes

Add cheese, avocado, pickles, onions and/or cashew sour cream.

Repurpose Leftovers

Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.

Ingredients

- 4 cups** Lentils (cooked, drained and rinsed)
- 1/2** Sweet Onion (finely diced)
- 1** Green Bell Pepper (finely diced)
- 2 cups** Mushrooms (sliced)
- 1 cup** Matchstick Carrots
- 1 tsp** Garlic Powder
- 3 tbsps** Yellow Mustard
- 1/4 cup** Maple Syrup
- 2 cups** Crushed Tomatoes
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 8** Portobello Mushroom Caps
- 2 cups** Baby Spinach (chopped)

Nutrition

Amount per serving

Calories	408	Vitamin C	50mg
Fat	1g	Calcium	136mg
Saturated	0g	Iron	10mg
Carbs	78g	Vitamin D	3IU
Fiber	22g	Vitamin B6	0.7mg
Sugar	26g	Folate	422µg
Protein	28g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	122mg

Sodium	997mg	Zinc	4mg
Potassium	1437mg	Selenium	10µg
Vitamin A	4047IU		

Turkey Quinoa Swiss Chard Rolls

8 ingredients • 1 hour • 4 servings



Directions

1. Preheat oven to 375°F (191°C).
2. Add the quinoa and water to a sauce pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover with a lid. Let simmer for 12 to 15 minutes or until all water is absorbed. Turn off heat and fluff the quinoa with a fork.
3. Combine the quinoa, ground turkey, Italian seasoning, paprika, and sea salt and pepper to taste in a medium sized bowl and mix well.
4. Spread a few spoonfuls of crushed tomatoes over the bottom of a large baking dish (just enough to cover).
5. Lay a swiss chard leaf flat on your cutting board and add a few spoonfuls of the turkey/quinoa mixture to the base of the leaf. Roll the leaf while tucking the edges into the roll as you go. Once rolled, place the roll seam-down into baking dish and repeat until all the leaves have been rolled.
6. Cover rolls with the rest of the crushed tomatoes. Cover with a lid or tinfoil and bake for 40 minutes. Remove the lid or foil and bake for an additional 10 minutes uncovered.

Notes

Slow Cooker Version

Place rolls and sauce in slow cooker and cook on low for 4 hours.

No Quinoa

Use brown rice.

Ingredients

2/3 cup Quinoa (uncooked)

1 cup Water

1 lb Extra Lean Ground Turkey

2 tbsps Italian Seasoning

1/4 tsp Paprika

Sea Salt & Black Pepper (to taste)

3 cups Crushed Tomatoes

4 cups Swiss Chard (washed and stems cut off)

Nutrition

Amount per serving

Calories	340	Vitamin C	27mg
Fat	12g	Calcium	123mg
Saturated	3g	Iron	6mg
Carbs	33g	Vitamin D	16IU
Fiber	6g	Vitamin B6	0.8mg
Sugar	8g	Folate	89µg
Protein	29g	Vitamin B12	1.4µg
Cholesterol	84mg	Magnesium	146mg
Sodium	495mg	Zinc	4mg
Potassium	1073mg	Selenium	25µg
Vitamin A	2750IU		

Slow Cooker Maple Mustard Chicken

10 ingredients · 4 hours · 4 servings



Directions

1. Place chicken thighs in the slow cooker. Add in maple syrup, dijon mustard, dried basil, paprika, sea salt and black pepper. Use a spatula to toss well until chicken is coated. Cook on low for 6 - 8 hours, or on high for 4 hours.
2. Right before eating, place the green beans in a pot and cover with water. Bring to a boil and then reduce to a simmer. Let beans simmer for 3 - 4 minutes, or just until soft. Drain the water off, then toss in olive oil, sea salt and black pepper to taste.
3. Divide green beans between plates and top with maple mustard chicken. Enjoy!

Notes

No Chicken Thighs

Use chicken breast or drumsticks instead.

Save Time

Combine the chicken and marinade in a large zip lock baggie ahead of time. Shake well to mix and store in the fridge for up to 24 hours or freeze.

More Carbs

Serve with rice, sweet potato or quinoa.

Ingredients

2 lbs Chicken Thighs (skinless, boneless)
2 tbsps Maple Syrup
1/3 cup Dijon Mustard
1 tsp Dried Basil
1 tsp Paprika
1/2 tsp Sea Salt
1/2 tsp Black Pepper
8 cups Green Beans (washed and trimmed)
1 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	546	Vitamin C	24mg
Fat	22g	Calcium	112mg
Saturated	6g	Iron	5mg
Carbs	21g	Vitamin D	16IU
Fiber	6g	Vitamin B6	1.3mg
Sugar	13g	Folate	78µg
Protein	60g	Vitamin B12	1.0µg
Cholesterol	302mg	Magnesium	110mg
Sodium	755mg	Zinc	5mg
Potassium	1078mg	Selenium	63µg
Vitamin A	1729IU		

BBQ Ribs

5 ingredients · 4 hours · 4 servings



Directions

1. If you haven't already, make our Cleaned Up BBQ Sauce according to the recipe.
2. Place your ribs in the slow cooker and use a brush to paint them with half of the Cleaned Up BBQ Sauce. Cook on low for 6 - 8 hours, or high for 4.
3. When ready to eat, preheat grill over medium heat.
4. Toss your asparagus with olive oil and season with sea salt and black pepper to taste.
5. Carefully remove ribs from the slow cooker onto a plate. Place on the grill and cook for 10 minutes per side, or until slightly charred. Brush with remaining Cleaned Up BBQ Sauce while cooking. When you flip the ribs, place the asparagus directly on the grill and cook for 8 to 10 minutes or until bright green.
6. Remove ribs and asparagus from grill and divide onto plates. Enjoy!

Notes

No Ribs

Use wings, chicken breast or drumsticks instead.

Ingredients

4 servings Cleaned Up BBQ Sauce (divided)

2 lbs Pork Ribs

6 cups Asparagus (woody ends snapped off)

1 tbsp Extra Virgin Olive Oil (chopped)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	678	Vitamin C	16mg
Fat	34g	Calcium	176mg
Saturated	11g	Iron	8mg
Carbs	33g	Vitamin D	79IU
Fiber	6g	Vitamin B6	1.7mg
Sugar	25g	Folate	109µg
Protein	61g	Vitamin B12	1.3µg
Cholesterol	152mg	Magnesium	122mg
Sodium	543mg	Zinc	7mg
Potassium	1569mg	Selenium	105µg
Vitamin A	2289IU		

Slow Cooker Balsamic Roast Beef

12 ingredients · 8 hours · 8 servings



Directions

1. Place roast in the slow cooker. In a bowl, mix together the chicken broth, balsamic vinegar, tamari, maple syrup and minced garlic. Mix well and pour over the roast beef. Cook on low for 8 hours. Baste the roast periodically.
2. Before serving, heat coconut oil in a large skillet over medium heat. Add diced onion and mushrooms and saute for 3 to 5 minutes or until softened. Add in the kale leaves and continue to saute just until wilted. Turn off the heat, stir in the apple cider vinegar and season with sea salt and black pepper to taste.
3. Once roast is cooked through and you are ready to eat, remove it from the slow cooker into a large mixing bowl. Trim off any large pieces of fat and shred with two forks. Put it back into the slow cooker and let it soak in the juices for 5 to 10 minutes. When ready to eat, use a slotted spoon to lift the beef out of the slow cooker onto a plate. Transfer the leftover juices into a jar to use as gravy or for a future roast.
4. Plate roast beef with a side of sauteed kale and mushrooms. Enjoy!

Notes

More Carbs

Serve with rice, potatoes or quinoa.

Ingredients

- 2 1/2 lbs Top Sirloin Beef Roast
- 1 1/2 cups Organic Chicken Broth
- 1/2 cup Balsamic Vinegar
- 3 tbsps Tamari
- 3 tbsps Maple Syrup
- 4 Garlic (cloves, minced)
- 1 tbsp Coconut Oil
- 1 Yellow Onion (diced)
- 2 cups Portobello Mushroom (sliced)
- 5 cups Kale Leaves (chopped)
- 1 tbsp Apple Cider Vinegar
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	328	Vitamin C	8mg
Fat	9g	Calcium	82mg
Saturated	3g	Iron	5mg
Carbs	15g	Vitamin D	9IU
Fiber	2g	Vitamin B6	0.8mg
Sugar	9g	Folate	17µg
Protein	45g	Vitamin B12	6.2µg
Cholesterol	120mg	Magnesium	52mg
Sodium	676mg	Zinc	12mg

Potassium	799mg	Selenium	56µg
Vitamin A	4073IU		

Slow Cooker Stuffed Peppers

15 ingredients · 4 hours · 4 servings



Directions

1. Slice the tops off the peppers and carve out the seeds. Set aside.
2. In a large mixing bowl, combine the ground turkey, sea salt, black pepper, chili powder, cumin, dried basil, egg, minced garlic, yellow onion, spinach, olive oil and coconut flour. Mix well and stuff it into the green peppers.
3. Place the peppers in the slow cooker and top each with a spoonful or two of salsa. Cook for 4 hours on high or 6 - 8 on low.
4. Trim your cauliflower into florets. Place the florets in a food processor and pulse into a rice-like consistency. Cover and store in the fridge until ready to eat. (Note: You can eat the cauliflower rice raw or saute it in a bit of coconut oil before serving.)
5. Remove the peppers from the slow cooker and serve over cauliflower rice. Top with remaining salsa. Enjoy!

Notes

Vegans and Vegetarians

Use cooked lentils or beans instead of ground meat.

No Ground Turkey

Use ground chicken or beef instead.

No Slow Cooker

Bake peppers in the oven at 350 for 45 minutes to 1 hour, or until meat is cooked through.

No Cauliflower

Serve over rice, quinoa, greens or sweet potato mash.

Ingredients

- 4 Green Bell Pepper (large)
- 1 lb Extra Lean Ground Turkey
- 1/2 tsp Sea Salt
- 1/2 tsp Black Pepper
- 1 tbsp Chili Powder
- 1/2 tsp Cumin
- 1/2 tsp Dried Basil
- 1 Egg
- 2 Garlic (cloves, minced)
- 1/2 Yellow Onion (diced)
- 1 cup Baby Spinach (chopped)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Coconut Flour
- 2 cups Organic Salsa
- 1 head Cauliflower (large)

Nutrition

Amount per serving

Calories	349	Vitamin C	173mg
Fat	16g	Calcium	141mg
Saturated	4g	Iron	5mg
Carbs	27g	Vitamin D	26IU
Fiber	10g	Vitamin B6	1.3mg
Sugar	12g	Folate	130µg

Protein	30g	Vitamin B12	1.5µg
Cholesterol	130mg	Magnesium	91mg
Sodium	1435mg	Zinc	4mg
Potassium	1362mg	Selenium	28µg
Vitamin A	2491IU		

Slow Cooker BBQ Pulled Pork

10 ingredients · 6 hours · 4 servings



Directions

1. Place pork tenderloin in the slow cooker. Drizzle with olive oil and pour in the broth.
2. In a small bowl, combine sea salt, black pepper, chili powder, paprika, garlic powder, onion powder and cumin. Sprinkle this spice mix over the meat ensuring it is well coated. Cover the slow cooker with a lid and cook on low for 6 to 8 hours, or high for 4 hours or until pork is tender.
3. Once pork is cooked, use two forks to shred it in the slow cooker. Toss it well to coat in the juices and add extra broth if necessary. Let sit for 5 minutes to absorb juices. Toss again and serve. Enjoy!

Notes

Serve it With

Sautéed kale, brown rice or sweet potato.

No Pork

Replace the pork with skinless, boneless chicken breasts.

Ingredients

- 1 1/2 lbs Pork Tenderloin
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Organic Chicken Broth
- 1/2 tsp Sea Salt
- 1 tsp Black Pepper
- 1 tbsps Chili Powder
- 2 tpsps Paprika
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 1 tsp Cumin

Nutrition

Amount per serving

Calories	259	Vitamin C	0mg
Fat	12g	Calcium	29mg
Saturated	3g	Iron	3mg
Carbs	4g	Vitamin D	12IU
Fiber	1g	Vitamin B6	1.0mg
Sugar	1g	Folate	2µg
Protein	34g	Vitamin B12	0.7µg
Cholesterol	92mg	Magnesium	46mg
Sodium	658mg	Zinc	3mg
Potassium	635mg	Selenium	49µg
Vitamin A	1171IU		

Slow Cooker Honey Garlic Chicken

10 ingredients · 4 hours · 4 servings



Directions

1. Combine olive oil, raw honey, minced garlic, chili powder, sea salt and black pepper together in a bowl. Mix well.
2. Place chicken thighs in the bottom of your slow cooker. Pour the honey garlic sauce in over top. Use a spatula to toss until all the chicken is well coated. Set on low for 6 to 8 hours or on high for 4 hours (or until chicken is cooked through). Optional: Flip the chicken thighs at the halfway point and use a baster or spoon to coat the chicken with the run off marinade.
3. Before you eat, lightly steam your broccoli just until it is bright green then toss it with coconut oil and season with sea salt and black pepper.
4. Baste the chicken again before removing it from the slow cooker. Serve chicken thighs with broccoli on the side. Enjoy!

Notes

No Chicken Thighs

Use chicken wings, drumsticks or breasts.

No Slow Cooker

Marinate the chicken in advance. Bake in the oven at 350 for 30 minutes or until chicken is cooked through.

More Carbs

Serve with rice, potato or quinoa.

Ingredients

- 3 **tbsps** Extra Virgin Olive Oil
- 2 **tbsps** Raw Honey
- 3 **Garlic** (cloves, minced)
- 1 **tbsp** Chili Powder
- 1 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 2 **lbs** Chicken Thighs (skinless, boneless)
- 6 **cups** Broccoli (chopped into florets)
- 1 **tbsp** Coconut Oil (or organic butter)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	613	Vitamin C	123mg
Fat	33g	Calcium	98mg
Saturated	10g	Iron	4mg
Carbs	20g	Vitamin D	16IU
Fiber	5g	Vitamin B6	1.4mg
Sugar	10g	Folate	97µg
Protein	60g	Vitamin B12	1.0µg
Cholesterol	302mg	Magnesium	88mg
Sodium	933mg	Zinc	5mg
Potassium	1098mg	Selenium	66µg
Vitamin A	1508IU		

Slow Cooker Cabbage Roll Soup

14 ingredients · 4 hours · 6 servings



Directions

1. Use a food processor to pulse your cauliflower into rice.
2. Add all ingredients except ground turkey, spinach and parsley to your slow cooker. Stir very well to combine. Set ground turkey on the top. Cover with a lid. Cook on low for 7 to 8 hours or on high for 4 hours (or until meat is fully cooked through).
3. Before serving, take the lid off and use a wooden spoon to break the cooked ground turkey into small pieces. Stir in the spinach until wilted. Ladle into bowls and garnish with parsley. Enjoy!

Notes

Storage

Refrigerate in an air-tight container up to 5 days, or freeze up to a year.

No Ground Turkey

Use any type of ground meat.

Vegan & Vegetarians

Replace the meat with 1 can of lentils, chickpeas or kidney beans.

Ingredients

- 1 head Cauliflower (processed into rice)
- 4 cups Green Cabbage (roughly chopped)
- 1 Yellow Onion (diced)
- 4 Garlic (cloves, minced)
- 3 cups Crushed Tomatoes
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsps Italian Seasoning
- 1/2 tsp Red Pepper Flakes (optional)
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 cup Water
- 1 lb Extra Lean Ground Turkey (or chicken)
- 4 cups Baby Spinach (optional)
- 1/3 cup Parsley (chopped, optional)

Nutrition

Amount per serving

Calories	249	Vitamin C	93mg
Fat	12g	Calcium	143mg
Saturated	2g	Iron	4mg
Carbs	21g	Vitamin D	11IU
Fiber	7g	Vitamin B6	0.8mg
Sugar	11g	Folate	146µg
Protein	20g	Vitamin B12	0.9µg

Cholesterol	56mg	Magnesium	82mg
Sodium	731mg	Zinc	3mg
Potassium	1055mg	Selenium	16µg
Vitamin A	2594IU		

Slow Cooker Cinnamon Applesauce

4 ingredients • 4 hours • 8 servings



Directions

1. Add chopped apple, cinnamon, lemon juice and water to the slow cooker and stir well to mix. Cook on high for 4 hours, stirring occasionally. (Note: Peeling the apples is optional but not necessary as they will be pureed in step 2.)
2. Remove the cinnamon sticks. Use an immersion blender to puree the applesauce, or transfer to a blender.
3. Divide into bowls, add your preferred toppings and enjoy! Refrigerate or freeze leftovers.

Notes

Storage

Refrigerate in an air-tight container up to 10 days, or freeze up to a year.

Leave it Chunky

Skip Step 2. You may want to peel your apples before cooking.

Extra Toppings

Add any combination of nuts, seeds, toasted oats, coconut or dried fruit.

Less Sugar

Use a mixture of naturally sweet apples like Red Delicious, Gala, Fuji, Winesap, McIntosh, Yellow Delicious, Crispin or Cortland.

Ingredients

12 Apple (large, cored and diced)

4 servings Cinnamon Stick

1/2 Lemon (juiced)

1 cup Water

Nutrition

Amount per serving

Calories	143	Vitamin C	14mg
Fat	0g	Calcium	20mg
Saturated	0g	Iron	0mg
Carbs	38g	Vitamin D	0IU
Fiber	9g	Vitamin B6	0.1mg
Sugar	28g	Folate	8µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	14mg
Sodium	4mg	Zinc	0mg
Potassium	296mg	Selenium	0µg
Vitamin A	147IU		

Slow Cooker Pesto Chicken

11 ingredients · 4 hours · 4 servings



Directions

1. Place diced onion in the slow cooker and place chicken breasts on top. Pour the broth in then season generously with sea salt and black pepper. Cook on high for 4 hours or on low for 6 to 8.
2. Prepare your pesto. Combine basil, spinach, walnuts, olive oil, garlic, lemon juice and tamari in a food processor. Pulse well until smooth. Transfer to a jar and store in the fridge until chicken is ready.
3. Remove chicken from slow cooker and shred with two forks. Mix in the pesto and toss well. Add in a few spoonfuls of the broth from the slow cooker for extra flavour and moisture.
4. Serve over brown rice noodles, a bed of greens, with spaghetti squash, brown rice, quinoa, on a brown rice tortilla or in a lettuce wrap.

Notes

Storage

Refrigerate in an air-tight container up to 3 - 4 days, or freeze up to 3 months.

No Walnuts

Use any seed or nut for the pesto. Pumpkin seeds, sunflower seeds, almonds and pine nuts all work great!

Add-Ons

Top your shredded pesto chicken with pine nuts or sundried tomatoes.

Ingredients

1/2 White Onion (chopped)
1 lb Chicken Breast
1 cup Organic Chicken Broth
Sea Salt & Black Pepper (to taste)
1 cup Basil Leaves (packed)
2 cups Baby Spinach
1/2 cup Walnuts
3 tbsps Extra Virgin Olive Oil
1 Garlic (clove)
1 Lemon (juiced)
1 tbsp Tamari

Nutrition

Amount per serving

Calories	377	Vitamin C	11mg
Fat	24g	Calcium	54mg
Saturated	3g	Iron	2mg
Carbs	6g	Vitamin D	1IU
Fiber	2g	Vitamin B6	1.5mg
Sugar	2g	Folate	53µg
Protein	39g	Vitamin B12	0.3µg
Cholesterol	119mg	Magnesium	82mg
Sodium	554mg	Zinc	2mg
Potassium	665mg	Selenium	33µg

Vitamin A 1764IU

Slow Cooker Vegan Chili

13 ingredients · 8 hours · 8 servings



Directions

1. Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
2. Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
3. Ladle into bowls and enjoy!

Notes

Serve it With

Organic toast, quinoa, brown rice or a salad.

Storage

Refrigerate in an air-tight container for 4 - 5 days or freeze up to 4 months.

Make Ahead

Chop celery, bell peppers, carrot and onion ahead of time.

Kid-Friendly

Omit the chili powder and puree until smooth. Serve with organic tortilla chips.

Extra Spicy

Add 1 - 2 chopped jalapeno peppers, chili flakes or extra chili powder.

More Greens

Mix in chopped kale or spinach. Stir until wilted.

Extra Toppings

Top with green onion or diced avocado.

Ingredients

- 6 cups** Canned Whole Tomatoes
- 2 cups** Red Kidney Beans (cooked, drained and rinsed)
- 2 cups** White Navy Beans (cooked, drained and rinsed)
- 2 cups** Frozen Corn
- 2 stalks** Celery (diced)
- 2** Green Bell Pepper (de-seeded and chopped)
- 2** Carrot (chopped)
- 1** White Onion (diced)
- 4** Garlic (cloves, minced)
- 2 tsps** Cumin
- 1 tsp** Oregano
- 3 tbsps** Chili Powder
- 1 tbsp** Sea Salt

Nutrition

Amount per serving

Calories	222	Vitamin C	47mg
Fat	1g	Calcium	128mg
Saturated	0g	Iron	5mg
Carbs	42g	Vitamin D	0IU
Fiber	14g	Vitamin B6	0.3mg
Sugar	8g	Folate	124µg

Protein	12g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	71mg
Sodium	1325mg	Zinc	1mg
Potassium	681mg	Selenium	3µg
Vitamin A	4435IU		

Slow Cooker Chicken Shawarma

14 ingredients · 4 hours · 4 servings



Directions

1. In the slow cooker combine the lemon juice, olive oil, garlic, salt, pepper, cumin and cayenne pepper. Mix well. Add the chicken thighs and toss well to coat. Add the red onion and mix again. Put on the lid and cook on low for 6 to 8 hours or on high for 3 to 4 hours.
2. Once it is cooked through, use a fork to transfer the chicken thighs from the slow cooker to a plate. Chop into pieces with a knife.
3. Optional: For crispier chicken, heat a frying pan over medium heat. Add a few spoonfuls of the leftover liquid from the slow cooker and then add the chicken. Saute until the pieces are browned and crisp on the ends.
4. Serve chicken on a plate with spinach, tomato and cucumber. Garnish with parsley and hummus. Drizzle with a lemon wedge or the leftover liquid from your slow cooker. Enjoy!

Notes

No Chicken Thighs

Use chicken breast.

On-the-Go

Layer all ingredients into a mason jar.

No Slow Cooker

Cook chicken and marinade together in the oven at 350 for 30 minutes or until cooked through.

Next Level Shawarma

Serve over rice or quinoa. Add extra toppings like eggplant, hot sauce, olives or feta cheese.

Ingredients

- 2 Lemon (juiced)
- 1/4 cup Extra Virgin Olive Oil
- 6 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 1 tsp Black Pepper
- 1 tsp Cumin
- 1/4 tsp Cayenne Pepper (more if you like it spicy)
- 2 lbs Chicken Thighs (skinless, boneless)
- 1/2 cup Red Onion (diced)
- 4 cups Baby Spinach (chopped)
- 1 Tomato (diced)
- 1/2 Cucumber (diced)
- 1/4 cup Parsley (chopped)
- 1/2 cup Hummus

Nutrition

Amount per serving

Calories	641	Vitamin C	31mg
Fat	38g	Calcium	99mg
Saturated	8g	Iron	5mg
Carbs	14g	Vitamin D	16IU
Fiber	4g	Vitamin B6	1.3mg
Sugar	3g	Folate	109µg
Protein	61g	Vitamin B12	1.0µg

Cholesterol	302mg	Magnesium	119mg
Sodium	708mg	Zinc	5mg
Potassium	1099mg	Selenium	64µg
Vitamin A	3711IU		

Curried Chicken Slow Cooker Stew

9 ingredients • 6 hours • 6 servings



Directions

1. Add all ingredients except chicken breasts to the slow cooker and stir well to mix. Then lay chicken on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the chicken out onto a plate. Use a fork to shred the chicken breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew on it's own or over brown rice. Enjoy!

Notes

More Carbs

Serve it over brown rice.

More Protein

Serve it over quinoa.

Vegan and Budget-Friendly

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

Turn it Into a Soup

Double up on the broth.

More Green Veggies

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

Ingredients

- 1 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Corn
- 1/2 cup Frozen Peas
- 1 tsp Cumin (ground)
- 1 tbsp Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Organic Vegetable Broth (or any type of broth)
- 8 ozs Chicken Breast

Nutrition

Amount per serving

Calories	196	Vitamin C	4mg
Fat	3g	Calcium	51mg
Saturated	1g	Iron	3mg
Carbs	26g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.6mg
Sugar	5g	Folate	110µg
Protein	18g	Vitamin B12	0.1µg
Cholesterol	39mg	Magnesium	56mg
Sodium	265mg	Zinc	2mg
Potassium	463mg	Selenium	14µg
Vitamin A	3588IU		

Slow Cooker Rotisserie Chicken

11 ingredients · 4 hours · 4 servings



Directions

1. Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
2. Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
3. In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
4. Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.
5. One hour before you are ready to eat, preheat oven to 415. Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
6. Remove vegetables from oven and increase heat to 450. Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
7. Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

Notes

Save the Carcass

Make our Immunity Boosting Bone Broth.

AIP-Friendly

Omit the black pepper and cayenne.

Ingredients

- 4 lbs Whole Roasting Chicken
- 1 tbsp Sea Salt
- 2 tsps Paprika
- 1 tsp Onion Powder
- 1 tsp Dried Thyme
- 1 tsp Italian Seasoning
- 1/2 tsp Cayenne Pepper
- 1 tsp Black Pepper
- 2 Sweet Potato (diced into 1 inch cubes)
- 4 cups Brussels Sprouts (halved and trimmed)
- 1 tbsp Extra Virgin Olive Oil

Nutrition

Amount per serving

Calories	364	Vitamin C	77mg
Fat	10g	Calcium	90mg
Saturated	2g	Iron	4mg
Carbs	23g	Vitamin D	0IU
Fiber	6g	Vitamin B6	1.2mg
Sugar	5g	Folate	78µg
Protein	47g	Vitamin B12	0.8µg
Cholesterol	136mg	Magnesium	89mg
Sodium	1987mg	Zinc	3mg
Potassium	1104mg	Selenium	37µg

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Vitamin A 10652IU

Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Low FODMAP

Omit garlic and onions.

Ingredients

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

Nutrition

Amount per serving

Calories	30	Vitamin C	25mg
Fat	0g	Calcium	84mg
Saturated	0g	Iron	1mg
Carbs	7g	Vitamin D	0IU
Fiber	2g	Vitamin B6	0.1mg
Sugar	4g	Folate	33µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	20mg
Sodium	634mg	Zinc	0mg
Potassium	193mg	Selenium	0µg
Vitamin A	3901IU		

Slow Cooker Bolognese with Spaghetti Squash

11 ingredients · 8 hours · 4 servings



Directions

1. Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
2. About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
3. Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
4. Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
5. Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

Notes

More Vegetables

Add diced green pepper and mushrooms.

Vegetarian

Use lentils instead of ground turkey.

More Carbs

Use brown rice pasta instead of spaghetti squash.

No Slow Cooker

Make it on the stovetop and let simmer for at least an hour.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Turkey
- 1 Yellow Onion (diced)
- 5 Garlic (cloves, minced)
- 3 **cups** Diced Tomatoes (drained)
- 3 **cups** Crushed Tomatoes
- 3 Bay Leaf
- 1 **tsp** Oregano
- 1 Spaghetti Squash
- 1/2 **cup** Basil Leaves (chopped)
- 1 **tsp** Red Pepper Flakes

Nutrition

Amount per serving

Calories	343	Vitamin C	52mg
Fat	12g	Calcium	179mg
Saturated	3g	Iron	6mg
Carbs	35g	Vitamin D	16IU
Fiber	8g	Vitamin B6	0.9mg
Sugar	15g	Folate	53µg
Protein	27g	Vitamin B12	1.4µg
Cholesterol	84mg	Magnesium	99mg
Sodium	453mg	Zinc	4mg
Potassium	1184mg	Selenium	24µg

Vitamin A 1968IU

Slow Cooker Burrito Soup

16 ingredients · 4 hours · 6 servings



Directions

1. Add all ingredients except kale, avocado and salsa to slow cooker. Cover and cook on high for at least 4 hours. Cook up to 8 hours, depending on how thick you like your soup.
2. About 10 minutes before serving, remove the lid and set kale leaves on top. Cover with lid and let sit for 10 minutes.
3. After 10 minutes, stir to mix in kale evenly throughout. Ladle into bowls and top with a spoonful of organic salsa and avocado. Enjoy!

Ingredients

- 2 cups** Black Beans (cooked, drained and rinsed)
- 3 cups** Diced Tomatoes
- 1** Sweet Onion (diced)
- 1 cup** Frozen Corn
- 1/2** Green Bell Pepper (diced)
- 2** Jalapeno Pepper (de-seeded and diced)
- 2 tbsps** Chili Powder
- 2 tsps** Cumin
- 1 tsp** Oregano
- 1/2 tsp** Black Pepper
- 2 tsps** Sea Salt
- 1 cup** Brown Rice (uncooked)
- 4 cups** Water
- 4 cups** Kale Leaves (chopped)
- 1** Avocado (peeled and diced)
- 1/4 cup** Organic Salsa

Nutrition

Amount per serving

Calories	349	Vitamin C	39mg
Fat	7g	Calcium	148mg
Saturated	1g	Iron	5mg
Carbs	61g	Vitamin D	0IU

Fiber	13g	Vitamin B6	0.5mg
Sugar	8g	Folate	146µg
Protein	12g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	112mg
Sodium	1012mg	Zinc	2mg
Potassium	701mg	Selenium	7µg
Vitamin A	5881IU		

Slow Cooker Lentil Chili

15 ingredients · 5 hours · 6 servings



Directions

1. Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
2. Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
3. Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

Serving Size

One serving is equal to approximately 1.5 to 2 cups of chili.

Likes it Spicy

Add one chopped jalapeno pepper.

More Flavor

Add the juice of one lime to the slow cooker just before serving.

No Beans

Use lentils only.

Leftovers

Store leftovers in the fridge for up to five days, or freeze for longer.

Ingredients

- 1 cup Dry Red Lentils (rinsed, uncooked)
- 1 Yellow Onion (medium, diced)
- 1 Red Bell Pepper (chopped)
- 1 Carrot (chopped)
- 3 Garlic (cloves, minced)
- 1 tbsp Chili Powder
- 1 tsp Cumin
- 1 tsp Smoked Paprika
- 3 1/2 cups Diced Tomatoes (from the can with juices)
- 2 tbsps Tomato Paste
- 2 cups Organic Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups Red Kidney Beans (from the can, drained and rinsed)
- 1 Avocado (optional, sliced)
- 1/4 cup Cilantro (optional, chopped)

Nutrition

Amount per serving

Calories	306	Vitamin C	48mg
Fat	6g	Calcium	103mg
Saturated	1g	Iron	6mg
Carbs	48g	Vitamin D	0IU

Fiber	20g	Vitamin B6	0.3mg
Sugar	8g	Folate	118µg
Protein	16g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	86mg
Sodium	298mg	Zinc	3mg
Potassium	992mg	Selenium	2µg
Vitamin A	3910IU		

Slow Cooker Dijon Pork Tenderloin

7 ingredients · 2 hours 15 minutes · 4 servings



Directions

1. Combine the broth, mustard, Italian seasoning and sea salt in the slow cooker. Add the pork tenderloin to the center of the slow cooker and cover with the lid. Cook on high for 1 to 2 hours or on low for 3 to 4 hours until the pork is cooked through.
2. Once cooked, remove the pork from the slow cooker and cover it with foil to rest and keep warm. Add the lemon juice and parsley into the slow cooker with the leftover juices, and mix well.
3. To serve, slice the pork and drizzle with the juices from the slow cooker. Enjoy!

Notes

Optional Step for Sauce

For a sauce that is more like gravy, transfer the cooking liquid from the slow cooker to a small pot. Bring the liquid to a boil over medium-high heat and then let simmer for 15 minutes. Turn off the heat then stir in the lemon juice and parsley.

No Grainy Dijon Mustard

Use regular Dijon mustard or brown mustard instead.

Leftovers

Keep in the fridge for up to 3 days or freeze for longer.

Serve it With

Mashed potatoes, cauliflower, rice, quinoa or a side salad.

Ingredients

3 cups Organic Vegetable Broth

2 tbsps Dijon Mustard (grainy)

1 tsp Italian Seasoning

1/2 tsp Sea Salt

1 lb Pork Tenderloin

1 tbsps Lemon Juice

1/4 cup Parsley (chopped)

Nutrition

Amount per serving

Calories	137	Vitamin C	7mg
Fat	3g	Calcium	16mg
Saturated	1g	Iron	1mg
Carbs	2g	Vitamin D	8IU
Fiber	0g	Vitamin B6	0.6mg
Sugar	1g	Folate	6µg
Protein	22g	Vitamin B12	0.5µg
Cholesterol	61mg	Magnesium	28mg
Sodium	918mg	Zinc	2mg
Potassium	407mg	Selenium	32µg
Vitamin A	711IU		

Slow Cooker Sausage & Kale Soup

8 ingredients · 4 hours · 8 servings



Directions

1. Add all ingredients to the slow cooker and cook on high for at least 4 hours, or on low for 8 to 12 hours.
2. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days, or freeze if longer.

No Brown Rice

Use quinoa instead.

Ingredients

12 ozs Pork Sausage (cut into chunks)

1 Yellow Onion (medium, diced)

2 Carrot (medium, diced)

2 stalks Celery (diced)

8 cups Kale Leaves (chopped)

8 cups Water (or broth)

2 tsps Sea Salt

3/4 cup Brown Rice (dry, uncooked)

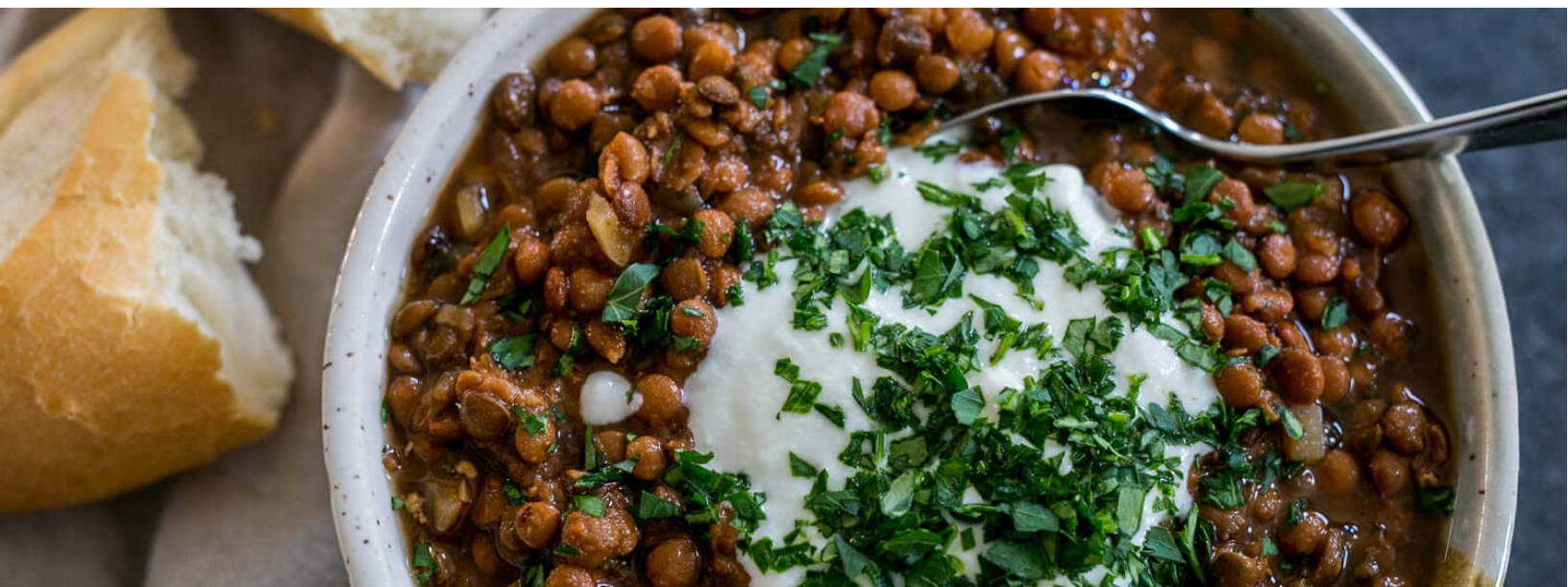
Nutrition

Amount per serving

Calories	248	Vitamin C	12mg
Fat	13g	Calcium	125mg
Saturated	4g	Iron	2mg
Carbs	23g	Vitamin D	19IU
Fiber	4g	Vitamin B6	0.2mg
Sugar	2g	Folate	12µg
Protein	9g	Vitamin B12	0.2µg
Cholesterol	25mg	Magnesium	33mg
Sodium	1057mg	Zinc	1mg
Potassium	194mg	Selenium	3µg
Vitamin A	9124IU		

Slow Cooker Moroccan Lentils

9 ingredients · 8 hours · 8 servings



Directions

1. Combine lentils, tomatoes, onion, garlic, half the parsley, cumin, paprika, salt and water in the slow cooker. Cook on high for at least 4 hours, or on low for 8-12 hours.
2. Garnish with remaining parsley and enjoy!

Notes

Serve it With

Greek yogurt, crusty bread, rice, quinoa, brown rice tortilla chips, fried eggs and/or our Paleo Tabbouleh recipe.

Leftovers

Refrigerate in an airtight container up to 5 days. Freeze if longer.

Ingredients

- 2 cups** Dry Lentils (brown or green, uncooked)
- 2** Tomato (medium, diced)
- 1** Yellow Onion (medium, diced)
- 3** Garlic (cloves, minced)
- 1/2 cup** Parsley (chopped and divided)
- 1 tbsp** Cumin
- 1 tbsp** Paprika
- 2 tsps** Sea Salt
- 8 cups** Water

Nutrition

Amount per serving

Calories	187	Vitamin C	14mg
Fat	1g	Calcium	64mg
Saturated	0g	Iron	4mg
Carbs	34g	Vitamin D	0IU
Fiber	6g	Vitamin B6	0.3mg
Sugar	2g	Folate	244µg
Protein	13g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	37mg
Sodium	615mg	Zinc	2mg
Potassium	443mg	Selenium	0µg
Vitamin A	1185IU		

Slow Cooker Black Beans & Rice

9 ingredients · 6 hours · 6 servings



Directions

1. Add all ingredients except rice into the slow cooker and cook on high for 6 to 8 hours.
2. Cook the rice according to the instructions on the package.
3. Remove bay leaves from the slow cooker, and serve the beans over rice. Enjoy!

Notes

More Toppings

Add diced tomatoes, red onion, bell pepper, hard-boiled eggs, cilantro, mint, sour cream or Greek Yogurt to your bowl of black beans and rice.

Leftovers

Refrigerate within 2 hours of cooking in an air-tight container up to 3 to 5 days, or freeze up to 8 months.

Ingredients

- 2 cups** Dry Black Beans (uncooked)
- 1** White Onion (diced)
- 1 1/2 cups** Diced Tomatoes (fresh or canned)
- 1 tbsp** Cumin
- 1 tsp** Sea Salt
- 2 tbsps** Extra Virgin Olive Oil
- 5 cups** Water
- 2** Bay Leaf (optional)
- 3 cups** Jasmine Rice (dry)

Nutrition

Amount per serving

Calories	605	Vitamin C	7mg
Fat	6g	Calcium	124mg
Saturated	1g	Iron	4mg
Carbs	121g	Vitamin D	0IU
Fiber	13g	Vitamin B6	0.2mg
Sugar	4g	Folate	291µg
Protein	21g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	121mg
Sodium	414mg	Zinc	2mg
Potassium	1005mg	Selenium	2µg
Vitamin A	275IU		

Slow Cooker Swedish Meatballs

8 ingredients · 4 hours 30 minutes · 4 servings



Directions

1. In a bowl, mix together the ground turkey, half of the parsley, onion powder and salt. Form meatballs about 1-inch in diameter.
2. Place mushrooms, onion, coconut milk and coconut aminos into the bottom of the slow cooker. Set meatballs on top. Cover with lid and cook on low for 6 to 8 hours, or on high for 4 hours (or until meatballs are cooked through).
3. Once meatballs are cooked through, use a slotted spoon to lift them out of the slow cooker into a serving dish. Set aside.
4. Transfer the cooked mushrooms, onion and coconut milk from the bottom of the slow cooker into a blender and puree into a gravy. Once smooth, pour it over top of the meatballs. Garnish with remaining parsley. Enjoy!

Notes

Serve it With

Spaghetti squash, pasta, cauliflower rice or zucchini noodles. These are also great served alone as an appetizer!

Leftovers

Keeps well in the fridge up to 3 days. Freeze for longer.

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1/2 cup Parsley (chopped and divided)
- 1 tsp Onion Powder
- 3/4 tsp Sea Salt
- 3 cups Mushrooms (sliced)
- 1 White Onion (chopped)
- 1/2 cup Organic Coconut Milk (canned)
- 3 tbsps Coconut Aminos (or tamari)

Nutrition

Amount per serving

Calories	261	Vitamin C	13mg
Fat	15g	Calcium	45mg
Saturated	7g	Iron	2mg
Carbs	8g	Vitamin D	20IU
Fiber	1g	Vitamin B6	0.5mg
Sugar	5g	Folate	34µg
Protein	24g	Vitamin B12	1.4µg
Cholesterol	84mg	Magnesium	36mg
Sodium	740mg	Zinc	3mg
Potassium	542mg	Selenium	27µg
Vitamin A	715IU		

Slow Cooker Purple Cabbage with Apples

4 ingredients · 4 hours · 10 servings



Directions

1. Toss all ingredients in the slow cooker. Cook on high for 4-6 hours, or low for up to 12 hours.
2. Divide into bowls or onto plates and enjoy!

Notes

More Flavour

Add caraway seeds, cinnamon, cardamom, nutmeg and/or ground cloves.

No Red Wine Vinegar

Use balsamic vinegar or apple cider vinegar instead.

No Apples

Use pears instead.

Serve it With

Chicken, pork, sausage, potatoes and bacon bits, seitan, marinated tofu, goat cheese or feta. Try it with our Rotisserie Chicken, Apple Turkey Burgers (replacing the caramelized onions), Herbed Pork Roast, Olive Pesto Pork, or Turkey Breakfast Sausage recipe.

Turn it Into a Salad

Mix with quinoa, spinach, walnuts and goat cheese.

Storage

Refrigerate within 2 hours of cooking in an air-tight container up to 3-5 days. Freeze up to 10 months. Once thawed, refrigerate up to 3-4 days and eat immediately after reheating.

Ingredients

8 cups Purple Cabbage (finely sliced)

4 Apple (diced)

1 Yellow Onion (finely diced)

1/4 cup Red Wine Vinegar

Nutrition

Amount per serving

Calories	66	Vitamin C	45mg
Fat	0g	Calcium	41mg
Saturated	0g	Iron	1mg
Carbs	16g	Vitamin D	0IU
Fiber	4g	Vitamin B6	0.2mg
Sugar	11g	Folate	15µg
Protein	1g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	15mg
Sodium	21mg	Zinc	0mg
Potassium	253mg	Selenium	0µg
Vitamin A	834IU		

Slow Cooker Salsa Chicken

2 ingredients · 4 hours · 4 servings



Directions

1. Place chicken breasts in the slow cooker and cover them with salsa. Cover with lid and cook on high for 4 hours, or on low for 6 to 8 hours.
2. Remove lid and shred the chicken breasts using two forks. Stir and let the shredded chicken marinate in the salsa for another 10 minutes or more.
3. Remove the chicken from the slow cooker and enjoy!

Notes

Serve it With

Tacos, our Turmeric Chili Rice, Simple Avocado Salad, Vegan Corn Bread and/or House Salad.

Leftovers

Refrigerate in an airtight container up to 3 days or freeze for up to 6 months.

Too Dry

If you are finding the chicken is too dry after shredding it, stir in extra salsa.

Ingredients

1 1/4 lbs Chicken Breast (boneless, skinless)

1/2 cup Organic Salsa

Nutrition

Amount per serving

Calories	223	Vitamin C	1mg
Fat	5g	Calcium	16mg
Saturated	1g	Iron	1mg
Carbs	2g	Vitamin D	2IU
Fiber	1g	Vitamin B6	1.7mg
Sugar	1g	Folate	1µg
Protein	44g	Vitamin B12	0.3µg
Cholesterol	147mg	Magnesium	53mg
Sodium	304mg	Zinc	1mg
Potassium	643mg	Selenium	40µg
Vitamin A	195IU		

Slow Cooker Vegan Miso Pho

13 ingredients · 4 hours · 4 servings



Directions

1. Add the vegetable broth, star anise, whole cloves, cinnamon sticks and tamari to your slow cooker. Cook on high for 4-6 hours. Strain the contents and pour the broth into a large pot.
2. Season the broth generously with salt and pepper. Add the miso paste, mushrooms and bok choy to the broth and bring to a simmer over medium-high heat. Let simmer for about 5 minutes or until the veggies are soft.
3. Meanwhile, cook your pho noodles according to the instructions on the package.
4. Divide the pho noodles, mushrooms, bok choy and then the broth into bowls. Top with bean sprouts, Thai basil and culantro. Serve immediately and enjoy!

Notes

No Pho Noodles

Use brown rice spaghetti or soba noodles instead.

Leftovers

Best enjoyed immediately. But you can refrigerate the broth separately in an airtight container up to 4 days, or store in the freezer.

Culantro

Different than cilantro. Culantro has a stronger flavour and is also called "long-leaved coriander" or "saw-toothed mint".

Ingredients

- 5 cups Organic Vegetable Broth
- 3/4 tsp Star Anise
- 1 tbsp Whole Cloves
- 2 servings Cinnamon Stick (approx. 3 inches in length each)
- 1 1/2 tbsps Tamari
- Sea Salt & Black Pepper (to taste)
- 3 tbsps Miso Paste
- 4 cups Mushrooms (whole)
- 4 cups Bok Choy (halved)
- 6 1/2 ozs Pho Noodles
- 2 cups Bean Sprouts
- 1 cup Thai Basil (stems removed)
- 1 cup Culantro (chopped)

Nutrition

Amount per serving

Calories	273	Vitamin C	38mg
Fat	2g	Calcium	103mg
Saturated	0g	Iron	3mg
Carbs	55g	Vitamin D	5IU
Fiber	7g	Vitamin B6	0.3mg
Sugar	7g	Folate	65µg
Protein	12g	Vitamin B12	0µg

Cholesterol	0mg	Magnesium	30mg
Sodium	3149mg	Zinc	1mg
Potassium	510mg	Selenium	7µg
Vitamin A	4373IU		

Slow Cooker Baked Apples

7 ingredients • 2 hours • 4 servings



Directions

1. In a small bowl, combine apple cider vinegar, water and half the maple syrup. Add mixture to the slow cooker and set to high.
2. In the same bowl, combine granola, coconut oil, cinnamon and remainder of maple syrup. Mix well. Fill the apples with the granola filling and set aside any leftovers.
3. Add apples to the slow cooker and cook for 2 hours, or until the apples are soft.
4. Top with any leftover granola before serving. Enjoy!

Notes

Serve it With

Our Pumpkin Spice Granola, Paleo Granola, Banana Coconut Granola, coconut cream, cashew cream, yogurt or ice cream.

No Slow Cooker

Place apples in a foil-lined pan and cook at 350 degrees F for 45 to 60 minutes.

Leftovers

Refrigerate in an air-tight container up to 3 days.

Ingredients

1/4 cup Apple Cider Vinegar

1/4 cup Water

1 tbsp Maple Syrup (divided)

3/4 cup Granola

1 tbsp Coconut Oil (melted)

1 tsp Cinnamon

4 Apple (medium, cored, leaving 1/2 inch at the bottom)

Nutrition

Amount per serving

Calories	257	Vitamin C	9mg
Fat	9g	Calcium	41mg
Saturated	4g	Iron	1mg
Carbs	42g	Vitamin D	0IU
Fiber	7g	Vitamin B6	0.2mg
Sugar	27g	Folate	24µg
Protein	4g	Vitamin B12	0µg
Cholesterol	0mg	Magnesium	49mg
Sodium	9mg	Zinc	1mg
Potassium	332mg	Selenium	6µg
Vitamin A	104IU		